

Table 61-1.

<i>DXA INDICATIONS IN IBD PATIENTS</i>
<i>Risk Factors for Low BMD</i>
Steroids for 3+ months
Age over 65
Postmenopausal females
History of low trauma bone fracture
Hypogonadism
Low BMI (<21 kg/m ²)

Table 61-2.

<i>DXA SCORING AND RECOMMENDATIONS</i>		
<i>DXA Results</i>	<i>T Score</i>	<i>Recommendations</i>
Normal	> -1	Prevention (calcium, vitamin D, exercise, stop smoking/alcohol, minimize steroid use, etc)
Osteopenia	Between -1 and -2.5	Preventive measures, consider bisphosphonate if prolonged steroids
Osteoporosis	≤ -2.5	Preventive measures and bisphosphonate therapy

Here's the Point!

**Don't forget to discuss osteoporosis risk with your IBD patients!
Know the risk factors in Table 61-1.**

Here's the Point!

Vertebral compression fractures indicate high risk for major fracture in the future and require therapy (regardless of DXA results).

Clinical threshold alert: A T score > -1 is considered normal. A T score between -1 and -2.5 indicates osteopenia, and a score < -2.5 indicates osteoporosis.

Why might this be tested? Bone demineralization is an often forgotten extraintestinal manifestation of IBD. Moreover, fracture prevention is important to improving overall HRQOL in all patients.